

Fresh Fish for the Summer

Instructor: Esther Muhlfelder

Learn the basics of baking, broiling and poaching fish and their accompanying sauces. In minutes, you will create healthy and delicious fish dishes from around the world. We will create a lemon & chive sauce with herb fishcakes, chevre (Goat Cheese) sauce with pan-fried cod, and much more. Price includes food fee.

1 class

Monday

6 - 9 pm

June 19

@ Warren Building

\$50

Min: 5/Max: 10

NEW!

Instructor information
can be found at
www.wellesley.ma.gov

Quick Cook

Instructor: Maryanne Muller

Are you hungry for quick dinners that are delicious and healthy? Learn cooking techniques that save you time and calories but produce marvelous meals. There will be a different menu offered each night. You may sign up for each class individually or both classes! At the time of registration, please specify individual classes.

2 classes

Wednesday

6:30 – 9 pm

July 5 & 12

@ Warren Building

For each class above:

\$50 per class

\$95 for 2 classes

Min: 6/Max: 10

(payable to Town of Wellesley)

plus \$15 food fee (payable to instructor and due at the time of registration or 5 business days before the start of the class).

Asian Cuisine

Instructor: Esther Muhlfelder

Learn to create some delicious dishes from the Orient. Our menu will include Mango Chicken Stir Fry with Snap Peas, Spicy Mango Salsa, and Seared Tuna with Soba Noodle Salad & Soy-Kaffir Lime Syrup. Price includes food fee.

1 class

Tuesday

6- 9 pm

August 1

@ Warren Building

\$50

Min: 5/Max: 10

NEW!

Spanish Tapas

Instructor: Esther Muhlfelder

Our feast will include Tortilla a la Espanola (traditional Spanish omelet), Banderillas (marinated cheese and vegetable skewers), Paamb Tomaquet (country-style bread rubbed with garlic and tomato), Champinones Rebozados, Gambas al Ajillo (shrimp in paprika sauce). Join us for a chance to practice your Spanish, to hear about the tradition of tapas in Spain, and to learn how to make your own little dishes. Price includes food fee.

1 class

Tuesday

6 - 9 pm

July 18

@ Warren Building

\$50

Min: 5/Max: 10



COOKING CLASS REFUND POLICY:

NO REFUNDS for cooking classes if you withdraw within **3 business days** or less before the first class. Please adhere to the food fee policy for your particular class.

Summer Deserts

Instructor: Linda Josselyn McCormack

Learn to use summer fruits to make wonderful and refreshing deserts. We will make a sponge cake with blueberries, a peach and blueberry compote with whipped cream, a seasonal fruit tarte, lemon mousse, and a sparkling fruit & mint punch.

1 class

Thursday

6:30 – 9:30 pm

August 17

@ Warren Building

Min: 5/Max: 10

\$35 (payable to Town of Wellesley)

plus \$15 food fee (payable to instructor and due at the time of registration or 5 business days before the start of the class).

To register quickly for programs, call (781) 235-2370, with a Visa or Mastercard

Taste of Northern Italy: Piedmont Cooking**Instructor: Mark Conde**

Piedmont is the northern region of Italy. In this class you will learn the difference between Northern and Southern Italian Cuisine. Mark will introduce you to ingredients such as white truffle oil, black truffle oil, Speck, Parma prosciutto and many other ingredients. We will be making a salad of baby spinach and grilled radicchio topped with a Piedmont style trout and potato salad (the trout and potatoes are tossed together in a lemon garlic aioli). As well as stuffed onions (cipolle Ripiene), with a bread crumb and hazelnut stuffing, an herbed ricotta agnolotti tossed in a light butter sauce and finally Savory Crepes stuffed with a meat filling and topped with a béchamel sauce. We will finish the class by doing a vanilla panna cotta topped with strawberries.

1 class**June 20****10 am - 1 pm****or****6:30 - 9:30 pm****For each class above:****Tuesday****@ Warren Building****\$40****Min: 6/Max: 10**

plus \$15 food fee (payable to instructor and due at the time of registration or 5 business days before the start of the class).

Tour of Haymarket**Instructor: Mark Conde**

Let personal chef Mark Conde bring you on a culinary tour. First we will be stopping at Haymarket to haggle with Mark's favorite fruit and veggie vendors. Then we are off to the North End, where Mark will show you his favorite places to shop and eat. We will start by watching a friend of Mark's make fresh mozzarella cheese and of course give out samples. As we walk along, we will be stopping for wine, Italian specialty meats, and the world's best Tiramisu. We will meet at Clarke's in South Station.

One tour**June 3****or****August 12****For each tour above:****Saturday****10 am - 1 pm****\$40****Min: 6/Max: 10****Dinner to Impress****Instructor: Esther Muhlfelder**

Learn to prepare an easy and delicious gourmet meal in no time! This menu is perfect for special occasions. You will learn to create Potato & Leek Gratin, Rack of lamb with gremolata topping and a surprise dessert.

1 class**Tuesday****6:30 - 9:30 pm****June 6****@ Warren Building****\$35****Min: 5/Max: 10**

plus \$15 food fee (payable to instructor and due at the time of registration or 5 business days before the start of the class).

Check out our website: www.wellesleyma.gov

Grillin' & Chillin'**Instructor: Mark Conde**

Have you ever wondered how to get your baby back ribs as tender as they are in your favorite restaurant? Do you love grilled steak, but don't know what are the best cuts to buy? Well, chef Mark Conde will teach you all his secrets to a great Bar B Q. In this class we will discuss how to brine meat to make it more tender. We will also make a homemade bar b q sauce that will accompany any grilled meat. After we are done we will make a couple of Mark's favorite chilled drinks.

1 class**June 26****or****August 7****For each class above:****Monday****6:30 - 9:30 pm****@ Warren Building****\$40****Min: 6/Max: 10**

plus \$20 food fee (payable to instructor and due at the time of registration or 5 business days before the start of the class).

Healthy Entertaining**Instructor: Mark Conde**

Are you getting tired of buying those frozen hors d'oeuvres that are served at every party? Well, here is your chance to learn, not only how to make tasty appetizers, but how to make healthy ones as well. We will make 5 of my favorites: caramelized onion, goat, and apple crostini; Wellington cups; home made mini crab cakes w/ roasted red pepper sauce; cucumber cups filled with herbed goat cheese and topped with smoked salmon; & chicken satay with a spicy peanut sauce.

1 class**June 27****10 am - 1pm****or****6:30 - 9:30 pm****For each class above:****Tuesday****@ Warren Building****\$40****Min: 6/Max: 10**

plus \$15 food fee (payable to instructor and due at the time of registration or 5 business days before the start of the class).



Mediterranean Series

Instructor: Maryanne Muller

Explore the cuisines of four Mediterranean countries in this hands-on class. We will "visit" Spain, Italy, Greece and Portugal by preparing and sampling the exquisite food of this sun drenched region. There will be a different menu offered each night. You may sign up for each class individually or both classes! At the time of registration, please specify individual classes.

2 classes

Tuesday

May 23 and/or May 30

Thursday

July 6 and/or July 13

For each class above:

\$50 per class

\$95 for 2 classes or \$160 for 4 classes

(payable to Town of Wellesley)

6:30 am – 9 pm

@ Warren Building

Min: 6/Max: 10

plus \$15 food fee (payable to instructor and due at the time of registration or 5 business days before the start of the class).

Cuisine of the Provence and French Riviera

Instructor: Nadine Nelson

The South of France in spite of its fast, modern, jet set image has some of the most imaginative food in the Mediterranean. The food is a fusion of French & Italian with a hint of North Africa and Arabic. Come and learn how to make Ratatouille, Chicken with Forty Cloves of Garlic, Salad Nicoise, and Apricot Tart.

1 class

Thursday

10 am - 1 pm

May 25

@ Warren Building

\$35

Min: 6/Max: 10

plus \$15 food fee (payable to instructor and due at the time of registration or 5 business days before the start of the class).

Cooking without Recipes: Secrets of a Personal Chef

Instructor: Nadine Nelson

Do you want to break away from your dependence on recipes, cut cooking preparation time, and be a more adventurous and creative cook? Let a personal chef teach you the tricks of the trade and fundamentals of fine cooking. You'll learn what staples to keep in your cabinets, the best cookware and equipment to purchase, proper cutting and chopping techniques, and how to use master recipes to create a variety of dishes, desserts, sauces, and vinaigrettes. You'll enjoy and prepare specialties like Mes-culin Greens with Passion Fruit Vanilla Vinaigrette, Zucchini and Feta Bake, Scalloped Potatoes, Spice-Rub Chicken, and Flawless Apple Tart.

1 class

Tuesday May 23

10 am - 1 pm

@ Warren Building \$35

Min: 6/Max: 10

plus \$15 food fee (payable to instructor and due at the time of registration or 5 business days before the start of the class).

Skinny Food on the Fly

Instructor: Nadine Nelson

What a combo-healthy AND fast weeknight meals. Some of the spa-licious dishes we will create include: 15 Minute Stir Fried Chicken and Bok Choy, Middle Eastern lamb skewers with white bean salad, seafood gazpacho, Tofu and Seaweed salad, Kale and Bulgur Risotto, and Berry Shortcake in a flash. Learn solid principles of healthy cooking.

1 class

Wednesday

10 am - 1 pm

May 17

@ Warren Building

\$35 (payable to Town of Wellesley)

Min: 6/Max: 10

plus \$15 food fee (payable to instructor and due at the time of registration or 5 business days before the start of the class).

Summer in Paris

Instructor: Nadine Nelson

Paris is wondrous place to be. It is probably the most romanticized and fantasized about city in the world. Whether you are having coffee at a Parisian Bistro or having an ethnic specialty in one of Paris' many cultural dining establishments, there are epicurean delights to be had in every district of the city of lights. We will cook Parisian Bistro Food, Regional French Cuisine, and French Ethnic Food. Paris is a cosmopolitan center that produces some of the best gastronomy in the world. Some of the foods we will prepare include Croque Monsieur, Coconut Madeleines, Coq Au Vin, Colombo Lamb, and Chocolate Mousse. Immerse yourself in the fine cuisine of this illuminating city.

1 class

Monday

6:30 - 9:30 pm

July 17

@ Warren Building

\$35

Min: 6/Max: 10

plus \$15 food fee (payable to instructor and due at the time of registration or 5 business days before the start of the class).

Spring Paris Bistro Food

Instructor: Nadine Nelson

Paris is probably the most romanticized and fantasized about city in the world. Bistro favorites we will prepare include: Croque Monsieur, Onion Tart with Green Salad, Garlicky Parisian Mussels Mariniere, Tapenade, Caramelized Shallot and Roquefort Dip, Chicken with Forty Cloves of Garlic, and Chocolate Mousse. Journey to the city of lights by learning how to recreate her flavors in your kitchen.

1 class

Wednesday

10 am - 1 pm

May 31

@ Warren Building

\$35

Min: 6/Max: 10

plus \$15 food fee (payable to instructor and due at the time of registration or 5 business days before the start of the class).

Caribbean Cooking: Feeling Hot, Hot, Hot!?!?**Instructor: Nadine Nelson**

Throughout history, the Caribbean has served as a crossroads of the world, drawing from the diversity of its people and their histories. We will learn the many cuisines of the English, Spanish, Dutch, and French Caribbean. Some of the foods we will prepare are Jerk Pork Tenderloin, Empanadas, Colombo of Chicken, Yellow Rice, Rum Spiced Black Beans, Shrimp Fritters, Eggplant in Coconut Cream, and Tropical Trifle. Come explore this beautiful region and its' amazingly rich and delicious food.

1 class**Wednesday****10 am - 1 pm****May 24****@ Warren Building****\$35****Min: 6/Max: 10**

plus \$15 food fee (payable to instructor and due at the time of registration or 5 business days before the start of the class).

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**Vegetarian Entertaining****Instructor: Nadine Nelson**

Gone are the days of that mystery casserole, or terrible wheat grass dip. Impress your guests with healthy, beautiful, and delicious food. Some of the dishes we will prepare include Herb and Feta Polenta topped with Sun-Dried Tomato Tapenade, Fresh Vietnamese Herb Spring Rolls, Roasted Vegetable Dauphinois, Red Onion and Blue Cheese Tart, and Strawberry and Mascarpone Trifle to name a few of the delights of we will make. Take the boring and tasteless out of vegetarian cuisine by adding some of these recipes to your next festive occasion.

1 class**Monday****6:30 - 9:30 pm****July 31****@ Warren Building****\$35****Min: 6/Max: 10**

plus \$15 food fee (payable to instructor and due at the time of registration or 5 business days before the start of the class).

Tapas Party**Instructor: Nadine Nelson**

Put a new twist on your next dinner or cocktail party by learning several simple recipes for classic Spanish plates made to share. The menu includes Bacon-Wrapped Dates with Quick Pepper Sauce; Sizzling Shrimp with Garlic; Patatas Bravas (Spicy Potatoes); Roasted Eggplant Salad; Shortcut Spinach Empanadillas; Piquillo Peppers Stuffed with Goat Cheese; and Grilled Toasts with Quince paste and Manchego Cheese.

1 class**Tuesday****July 25****@ Warren Building****\$35****6:30 - 9:30 pm****Min: 6/Max: 10**

plus \$15 food fee (payable to instructor and due at the time of registration or 5 business days before the start of the class).

Too Hot to Cook? Cool & Easy Recipes**Instructor: Nadine Nelson**

Who wants to eat a big dinner when it's 90 degrees outside? Cool, light food is much more appealing. Luckily, this class is for you. You will learn healthy and delicious recipes that fill this need and don't need one bit of cooking. So you can stay cool while preparing dinner and while eating it. Come learn how to prepare dishes that include Cool Shrimp Tacos, Fresh Summer Gazpacho, Beef Greek Pita Wraps, Cool Mint Pea Soup, Lettuce Wraps, and Old Fashioned Chocolate Dessert. Keep cool and delicious in the kitchen this year.

1 class**Wednesday****June 28****@ Warren Building****\$35****6:30 - 9:30 pm****Min: 6/Max: 10**

plus \$15 food fee (payable to instructor and due at the time of registration or 5 business days before the start of the class).

Under the Tuscan Sun**Instructor: Nadine Nelson**

Tuscany is the center of fine Italian cooking literally and figuratively. Preparation of cuisine indigenous to this fabulous region of Italy will be our focus, so bring your appetite and be ready to cook food from this fabulous region! Some of the food we will cook include Bruschette with Grilled Eggplant, Roast Chicken Stuffed with Polenta, Wild Mushroom Lasagna, and Lemon Cake. We will enjoy the bounty of the season as we cook food under a Tuscan sun. Buen Appetito!!!! Deliziosa

1 class**Tuesday****July 11****@ Warren Building****\$35****6:30 - 9:30 pm****Min: 6/Max: 10**

plus \$15 food fee (payable to instructor and due at the time of registration or 5 business days before the start of the class).

Boogie Into Shape with Bitsy

Instructor: Bitsy Graham

Come and experience a complete and comprehensive workout featuring creative choreographed routines done to upbeat and popular tunes. Aerobics, muscle toning, weight training (using light hand and ankle weights), and stretching, all in one very dynamic hour. Getting in shape can and should be fun! Please bring an exercise mat to class.

6 weeks, 2 days per week

Tuesday & Thursday

June 20 - July 27 (no class 7/4)

@ Warren Building

\$85

8:15 – 9:15 am

Min: 10/Max: 20



Women's Basketball (Age: 18+)

This is an opportunity for women to play pick-up games, once a week. You may sign up for a season pass or pay a drop in fee at the gym. The Recreation Department reserves the right to limit the number of drop-in players.

10 weeks

Tuesday

7 – 9 pm

June 20 - August 29 (no class 7/4)

@ Warren Building

\$40 season pass for 10 weeks

OR \$5 per night drop-in fee

Take an
online course
with
Ed2Go!

Men's Basketball

This is an opportunity for men to play pick-up games, once a week. You may sign up for a season pass or pay a drop in fee at the gym. The Recreation Department reserves the right to limit the number of drop-in players. Please note that the Warren Building basketball court IS NOT regulation size.

10 weeks

Monday

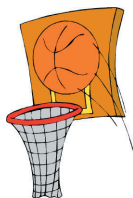
7 – 9 pm

June 19 - August 28 (no games 7/3)

@ Warren Building

\$40 season pass for 10 weeks

OR \$5 per night drop-in fee



Muscle Conditioning, Strength & Stretch

Instructor: Andy Provost

This is an exciting fitness class designed for quick results. You will use weights and other props to do numerous strength exercises with intervals of cardiovascular conditioning mixed in. Participants from ages 10 to 80 years have given it fantastic reviews in the past. If you like uplifting music and inspirational motivation you must sign up for this one. It is great for the beginner or the advanced athlete, and can easily be modified to any person's fitness level. Please bring ankle and hand weights.

8 weeks

Tuesday

6 – 7 pm

June 20 - August 15 (No class July 4)

@ Warren Building

\$105

Min: 10/Max: 20

Co-Ed Volleyball (Age: 18+)

This is an opportunity for women & men to play pick-up games, once a week. There are no referees, this is just a great opportunity to play some pick-up volleyball. You may sign up for a season pass or pay a drop in fee at the gym. The Recreation Department reserves the right to limit the number of drop-in players.

11 weeks

Wednesday

7 – 9 pm

June 21 - August 30

@ Warren Building

\$45 season pass for 11 weeks

OR \$5 per night drop-in fee



**Morses Pond
Beach Tags
Go On Sale
May 15th!**

We accept registrations via phone, fax, mail or walk-in.

Tennis

Beginner/Adv. Beginner

Instructors: Mike Sabin & John Gautschi

This is an introduction to the sport of tennis covering the most basic aspects. Participants will work on forehand, backhand, serve and learning the rules of the game. Please bring a tennis racquet.

5 weeks

Sunday 5:30 - 7 pm

June 11 - July 16 (Raindate: 7/23)

@ Hunnewell Tennis Courts, Rt. 16

\$135

Min: 8/Max: 12

Instructor information
can be found at
www.wellesley.ma.gov

Golf Lessons

Instructor: Don Winkelmes

These lessons are designed to help new players learn and more experienced players improve. Special attention is given to developing your golf swing through specific exercises. You may bring your own favorite clubs, or use ours.

4 weeks per series/choose one time

Wednesday 1:30 - 2:30 pm

Wednesday 6 - 7 pm

June 21 - July 12 (Rain date: 7/19)

Thursday 6 - 7 pm

June 22 - July 13 (Rain date: 7/20)



For each class above:

@ Leo J. Martin Golf Club, Weston (If in doubt about the weather, call the golf club at 891-1119)

\$115

Min: 6/Max: 10

Introduction to Kayaking(16+)

Instructor: Still River Outfitters

This course is designed for beginners interested in recreational kayaking on calm waters, ponds and lakes. We will cover equipment, safety, strokes, maneuvers, and demonstrate wet exits and self-rescue techniques. The class is hands-on and with a lot of time spent on the water demonstrating and practicing the skills discussed during the class. All equipment is provided.

3 classes

Wednesday

August 2, 9, & 16

@ Morses Pond

\$90

5:30 - 7:30 pm

Min: 4/Max: 12



Tennis

Intermediate/Advanced

Instructor: Mike Sabin & John Gautschi

This class is for the player who is looking to develop their court strategy and improve technique. We will also work on stroke positioning, volley, and serve. Please bring a tennis racquet.

5 weeks

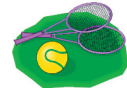
Sunday 7 - 8:30 pm

June 11 - July 16 (Raindate: 7/23)

@ Hunnewell Tennis Courts, Rt. 16

\$135

Min: 8/Max: 12



Belly Dance Lessons

Instructor: Amira Jamal

Shimmy your way through summer! This class is a wonderful fun way to learn and review belly dance basics. In this summer-long class we will work with several popular props (provided by instructor), such as veils, canes, and trays. Props will be rotated every two or three weeks as we finish up learning dances that go with them! While learning these dances we will also learn posture, basic hip moves, and various essential shapes, such as figure 8's and circles, as well as isolation techniques. This course provides a great foundation for further study, or is inclusive in itself if all you want to do this summer is dabble in something exciting and different.

8 weeks

Wednesday 7:15 - 8:15 pm

June 21 - August 16 (no class 7/5)

@ Warren Building

\$145

Min: 10/Max: 20



Mommy or Daddy & Me Kayaking

Instructor: Still River Outfitters

Come out and meet other parents, be active with your toddler and learn the basics of kayaking. These sessions will teach you the basics of paddling, safety and special considerations when paddling with children. The majority of the time will be spent on the water. Your child sits safely between your legs in the kayak's cockpit. This course is taught by an American Canoe Association Certified instructor. Course is designed for children ages 1 - 5 years old.

3 classes

Session 1:

July 7, 14 & 21

Session 2:

August 4, 11, & 18

For each class above:

Fridays

11:30 am - 1:30 pm

@ Morses Pond

\$100 parent & child

Min: 4 pairs/Max: 12 pairs

Pil - Oga

Instructor: Michael Preston

This class combines the stress relieving advantages of the ancient meditative art of YOGA with the “core strengthening” developed by Joseph Pilates. Stretching and breathing warm-ups evolve into a 30 minute series of exercises alternating compression with extension. A cool down follows with the classical YOGA technique of “Prahna Yama” and a deep, guided relaxation leaving the participant both energized and relaxed. Please bring a yoga mat.

9 weeks

Intermediate/Advanced: 7 – 8 pm

Beginner/Advanced Beginner: 8 – 9 pm

For each class above:

June 19 - August 21 (no class 7/3)

Monday @ Warren Building

\$90 Min: 8/Max: 15



Yoga

Instructor: Michael Preston

A basic yoga work out which combines both the Hatha and Kudalini styles, each class continues with 30 to 45 minutes of exercises that address specific problems such as back and neck pain, headaches, weak abdominal muscles and shoulder tightness. Class ends with meditation. You may bring your own yoga mat to class.

9 weeks

Intermediate/Advanced: 7 – 8 pm

Beginner/Advanced Beginner: 8 – 9 pm

For each class above:

June 20 - August 22 (no class 7/4)

Tuesday @ Warren Building

\$90 Min: 8/Max: 15

Take an
online course
with
Ed2Go!

ALL
Yoga classes
require a yoga mat.

T'ai Chi: Beginner

Yang Style Short Form

Instructor: Karen Donahue

T'ai Chi Ch'uan, literally “Supreme Ultimate Fist”, is a centuries old Chinese discipline. It has its roots in Taoism and the martial arts of China. T'ai Chi combines the principles of Chinese Medicine, meditation and self defense into a system that emphasizes relaxation and inner calm rather than strength. This makes T'ai Chi open to all ages, regardless of gender or athletic ability.

8 weeks

Tuesday 6 – 7 pm

June 20 -August 15 (No class 7/4)

@ Warren Building

\$95 Min: 10/Max: 15

T'ai Chi for Seniors

Instructor: Josh Fink

Tai Chi is a state of relaxation of both body and mind. If done regularly, it can improve muscle tone, flexibility, balance, and coordination. Many people find it boosts their energy, stamina, and agility, sharpens their reflexes, and gives a sense of overall well-being. This class is being run in conjunction with the Council On Aging.

4 weeks

Monday 1:30 - 2:30 pm

June 19 - July 17 (No class 7/3)

@ Warren Building

\$20 Min: 8/Max: 15

Like to offer a children's program? Contact Melissa @ (781) 235 - 2370

Introduction to Digital Photography

Instructor: Sam Liggero

Whether you are new to digital photography or trying to improve your skills, this course will offer practical instruction on how to capture, edit, print, share, and store your digital images. You will learn how digital cameras and printers work and how to use this information to improve your workflow. Image editing, printing, and scanning techniques will be demonstrated and described. Lighting and composition principles will also be reviewed. Students will learn how to incorporate their digital images into calendars, invitations, E-mail, slide shows and many other applications. Students should own a digital camera or plan to acquire one soon. This IS NOT a "hands-on" course.

4 weeks

May 23 - June 13 or June 20 - July 18 (No class 7/4)

For each class above:

Tuesday

7 - 9:30 pm

@ Warren Building

\$65

Min: 6/Max: 12

Get the Most Out of Your Digital Camera

Instructor: Phyllis Mays

Expand your digital photography skills. Learn what's inside the camera, how to maximize its options, and how to adjust settings for the best results. One meeting will focus on editing techniques, another on getting good prints. Explore various ways to move photos to your PC. Finally, we will create online photo albums to share with family and friends. Students should be familiar with computer basics. Please bring your camera and manual to class. Please be sure batteries are freshly charged.

4 weeks

Thursday 10 am - 12 pm June 22 - July 13

Warren Building

\$105

Min: 4/Max: 6

Potted Gardens

Instructor: Betsy Williams

Would you like to grow your own fresh tomatoes, flavorful herbs and pretty flowers but don't have the space or time? Potted gardens thrive on a sunny porch or deck and reward you with beauty, flavor and fragrance all summer long. Plant a 14" plastic pot with a tomato, herbs and edible flowers. Choices include miniature roses, pansies, scented geraniums, basil, chives, rosemary, thymes, sage, lavender, parsley and, of course tomato. Please bring an apron and scissors to class.

1 class

Monday 6:30 - 8:30 pm June 12

@ Warren Building

\$25

Min: 5/Max: 15

(plus a \$40 materials fee payable to the instructor on the night of class)

Excel: Intermediate

Instructor: French Brandon

This class will focus on advanced formulas (Financial and Scenarios), charts and graphs, linking of spreadsheets and workbooks, controlling the print environment and advanced formatting. The students **MUST** have basic understanding of Excel and standard Formulas. They are encouraged to take the Excel Intro class prior to enrolling in this class.

2 classes

Monday & Wednesday

6:30 - 8:30 pm

May 22 & 24

@ Warren Building

\$85

Min: 4/Max: 6

Sandal Painting

Instructor: Maxine Hugon

Remember Dr. Scholl's sandals??

You know the brand, the fit and even the fun "clop". They're back! Now in customized color fun! In this one-session workshop you will paint a pair of Scholl's sandals for yourself or as a gift. No need to be a Picasso. See how simple color and patterns can create a unique and fun result that you can wear all spring and summer.

1 class

Wednesday

6 - 9 pm

July 12

@ Warren Building

\$55 (payable to Town of Wellesley)

Min: 5/Max: 12

Plus \$35 separate material fee check due upon registration (payable to Maxine Hugon).

Please specify shoe size (5-11 whole) and strap color: white, black, pink, or turquoise.



Flower Arranging with Fresh Herbs

Instructor: Betsy Williams

Herbs are not just green. Most have lovely flowers as well as lovely scents, which makes them delightful additions to fresh flower arrangements. Learn when and how to cut garden flowers for arranging, what green herbs make great fillers and how. We will fill an attractive glass container with fragrant, colorful herbs and flowers to create a charming centerpiece for your table. All supplies and materials will be provided by the instructor. Please bring flower scissors and an apron to class.

1 class

Monday

6:30 - 8:30 pm

May 22

@ Warren Building

\$25

Min: 5/Max: 15

(plus a \$30 materials fee payable to the instructor on the first night of class)

Hand Reflexology

Instructor: Denise Borrelli

In this class, students will learn some of the history of the ancient form of reflexology. Through lecture and hands on demonstrations, students will learn to give hand reflexology treatment to themselves or to a partner. Please bring to class a hand towel, paper, pen, and hand lotion of your choice.

1 class

Wednesday

6:30 - 8:30 pm

May 24

@ Warren Building

\$30

Min: 6/Max: 10

*Morses Pond
Beach Tags
Go On Sale
May 15th!*

Dog Massage

Instructor: Amy Paulin

Pet owners rejoice! Now you can provide your beloved pet with the same relaxed and rejuvenated feeling you experience after receiving a wellness massage. In this small dog massage workshop, you will learn the basic techniques of dog massage, while enjoying a bonding experience with your pet. During the workshop, you will learn how to perform a wellness massage using techniques modified from human massage. Specific techniques for ailments such as arthritis and hip dysplasia will be addressed as well. This class is open to owners of well-behaved dogs.

1 class

Wednesday

7 - 9 pm

June 28

For each class above:

@ Warren Building

\$40

Min: 6/Max: 10

(plus a \$10 materials fee payable to the instructor on the first night of class)

Alexander Technique

Instructor: Jill Geiger

Interested in improving your posture, moving with ease and reducing stiffness, pain and tension? Whether you're walking, running, driving or sitting at a computer you're "using" yourself. Poor posture, stress and neck/back/shoulder pains are often caused by unrecognized habits of tension or "misuse." Taught worldwide for over a century, the Alexander Technique is a practical, educational method that provides the means to restore the good posture, balance and poise we are normally all born with. By learning how to recognize and unlearn habits of misuse, people of all ages can reduce tension and stress, and experience lasting relief from chronic pain. This class will introduce the technique: its history, principles and application to every-day activities. Class includes one private lesson.

2 weeks

Thursday

7:30 - 9 pm

June 22 & 29

@ Warren Building

\$45

Min: 3/Max: 14

Instant Piano for Hopelessly Busy People

Instructor: Frank Dunne

Music teachers may not want you to know this, but you don't need years of weekly lessons to learn piano. In just three hours, you can learn enough secrets of the trade to give years of musical enjoyment. The difference is, regular piano teachers teach note reading, while piano playing professionals use chords. In one session you will learn all the chords you need to play any song, any style, any key. You'll learn how to play several songs in class, and then perfect your technique at home using an exclusive audiocassette specially designed by the instructor. It's easy, fun and musically correct! If you can find middle C and know the meaning of "Every Good Boy Does Fine", you already know enough to enroll in this workshop. If not, send an addressed, stamped envelope for a free pamphlet to: Frank Dunne, 56 Endicott Street, Quincy, MA 02169. Then you can register with confidence. After this one session you can go home and play any song from any piece of sheet music or songbook.

1 class

Monday

6:30 - 9:30 pm

June 26

@ Warren Building

Min: 4/Max: 20

\$40 (plus \$25 materials fee for basic chord study book and 60 minute CD, payable to instructor in class.)



Like to offer an adult program? Contact Matt @ (781) 235 - 2370

Clamming

Instructor: Paul Bruce

Learn the how and where of clamming in pristine Duxbury Bay! Bring two 1-gallon milk jugs with the tops removed. Any other items are illegal! You will fill one container with steamer clams, and the other container with razor clams, mussels and quahogs. You will enjoy and remember this unique educational opportunity without having to buy a license, and you'll learn a skill for life. Wear waterproof boots, gloves optional (wearing gloves may interfere with your ability to collect clams).

One class – 1 ½ hours

Saturday

4:55 pm sharp!

May 27

Meet @ Duxbury High School (see directions below)

\$40 per person



All of Paul Bruce's classes are held
RAIN or SHINE.

Plan on arriving EARLY!
ALL CLASSES BEGIN PROMPTLY!



Gourmet Mushrooms

Instructor: Paul Bruce

This class will help you to identify mushrooms common to this area. You'll enjoy new tastes and textures to tantalize and delight you, as you embark on your new adventure. You'll learn tree identification, locations, field preparation, harvesting, recipes, and you will receive written information as well. Bring a paper bag and paring knife. Wear waterproof boots.

One class – 2 ½ hours

Sunday

9:55 am sharp!

May 28

Meet @ Duxbury High School (see directions below)

\$40 per person



Fishing for Striped Bass & Blues

Instructor: Paul Bruce

Fish for bass and blues on Duxbury Beach. You'll learn about tackle, techniques and bait, and you'll gain the skills necessary to fish with confidence using the Ted Williams method! Equipment provided.

One night – 2 hours

Saturday

6:55 pm sharp

May 20

Meet @ Duxbury High School (see directions below)

\$45 per person

(all equipment provided)

You're Child's First Fish!!

Instructor: Paul Bruce

You'll want to bring a camera (still or video) for this milestone in your child's life! You'll be on a privately stocked pond with bass in the 1-6 pound range. You'll have a short nature walk and everything is provided for a "designer fishing experience". Ages 18 months to 76 years (so far!!). You're not going to believe it until you see it. No license needed. Wear waterproof boots.

One class - 1 hour

Saturday

12:55 pm sharp

June 3

Meet @ #50 Birch Street, Duxbury, MA (see directions below)

\$30 per person

Max: 10

(All people attending are considered "Fisherpersons!")

You must sign up & pay for ALL CHILDREN & ACCOMPANYING ADULTS.

Directions

Duxbury, MA : #50 Birch street

Rt. 3 South to Exit 11, Left at end of exit
Take 2nd Left on King Phillip Path
Straight to Rt. 53, go left onto Rt. 53
Go 1/10th mile, go right onto Birch St.
Park on the Water Tower road after the third house on the right (#50).

Directions Duxbury High School:

Rt. 3 south to Exit 11
Right at end of exit
Right fork at Police Station
Through lights, 1/4th mile on left.
Meet in front of school.

To register quickly for programs, call (781) 235-2370, with a Visa or Mastercard

Nature Walk**Instructor: Paul Bruce**

On this nature walk we will find wild edibles to make a salad. We will track and observe wildlife, and find bird, salamander, and turtle nests. You will be helping Mother Nature by placing owl, flying squirrel, chickadee and wren boxes. Binoculars are a plus. A whole family outing! Wear waterproof boots.

One class - 2 hours**Sunday 9:55 am sharp!****May 14****Meet @ Duxbury H. S. (see directions below)****\$20 Adult /\$10 Child per person****Fly Fishing****Instructor: Paul Bruce**

Learn to fly fish on a stocked bass pond! You'll learn casting basics and you'll be able to fish solo after a little practice. Nearly 100 "volunteers" await your performance! Wear waterproof boots.

1 class - 2 hours**Saturday 9:55 am sharp****May 13****Meet @ #50 Birch St. (see directions below)****\$45 per person (all equipment provided)****Hunnewell Tennis Court Lights**

Please look in the Adult Fitness & Exercise section for the

NEW Hunnewell Tennis Court night time user fees.

Take an
online course
with
Ed2Go!

Tree Swallow Sunday**Instructor: Paul Bruce**

You'll observe aerial courtship, mating, and feeding. You'll release feathers into the wind for swooping swallows, called feather interceptors, to catch (they'll use them to line their nests). With the right fat fluffy feather, they may take it from your hand! Swooping speed is 200+ mph! The look on your child's face when a feather is released and caught in mid-air is priceless. You have never seen anything like this before! A short nature walk is included. With your own feathers you will learn how to start your own colony. Wear waterproof boots.

One class - 1 1/2 hours**Sunday 9:55 am sharp!****May 21****Meet @ Gate on #50 Birch Street, Duxbury, MA (see directions below)****\$25 per person****\$45 for family of 4 (\$5 extra pp)****Directions****Directions Duxbury High School:**

Rt. 3 South to Exit 11
Right at end of exit
Right fork at Police Station
Through lights, 1/4th mile on left.
Meet in front of school.

**All of Paul Bruce's classes are held
RAIN or SHINE.**

**Plan on arriving EARLY!
ALL CLASSES BEGIN PROMPTLY!**

Duxbury, MA : #50 Birch street

Rt. 3 South to Exit 11, Left at end of exit
Take 2nd Left on King Phillip Path
Straight to Rt. 53, go left onto Rt. 53
Go 1/10th mile, go right onto Birch St.
Park on the Water Tower road after the
third house on the right (#50).

Check out our website: www.wellesleyma.gov

Summer 2006 - For Mail or Fax Only

PLEASE PRINT - ONE PERSON PER FORM

If Child

Last Name		First	DOB & Grade	
Street	Town	Zip	Parent Name	
Home Phone	Work Phone		Cell Phone	
Email Address				

Class Title	Day	Time	Date(s)	Fee
-------------	-----	------	---------	-----

PAYMENT: By Check (Payable to Town of Wellesley) or

Total \$

☐

By VISA or MASTERCARD

Card # _____ Email Address _____

Expiration Date _____ Name of cardholder _____

Summer 2006 - For Mail or Fax Only

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Wellesley Recreation Department
Annie F. Warren Building
90 Washington Street
Wellesley, MA 02481

Office: 781-235-2370
Fax: 781-237-3558

One Camper Per Form - Please Print

CIRCLE ONE: **CAMP JOEY** **CAMP QUEST**
Ages 5-8 Ages 9 - 13

RT

☐ For Office Use

J

☐

Q

☐

Sessions:
Paid In Full:
Form Received:
X Day:

CAMPER’S NAMEMALEFEMALE

ADDRESSZIPHOME #

CAMPER’S AGE (as of July 1)DATE OF BIRTHGRADE

FATHER’S NAMEWORK #CELL #

MOTHER’S NAMEWORK #CELL #

DEPOSIT: \$50 PER SESSION / \$25 PER SINGLE WEEK

BALANCE IS DUE BY JUNE 15 WITH EMERGENCY INFORMATION - HEALTH FORM

CANCELLATION FEE: \$50 for withdrawl or switch from two or more weeks / \$25 for single week

For you records - WELLESLEY RECREATION TAX ID#: E-046-001-343

PAYMENT INFO: VISA OR Mastercard # :Exp. Date

or payable by check to Town of WellesleyPlease check if OK to change balance

☐

TO REGISTER:		For Office Use Only - DO NOT WRITE IN THE SECTIONS BELOW	
CIRCLE SESSION(S) &/OR INDICATE DATES		Camper #	Payment Information / Date Paid
Session 1			TOTAL DUE
Session 2			less DEPOSIT
Session 3			BALANCE DUE
Session 4			
Single Week:			
Single Week:			
Single Week:			
Single Week:			